

Benefits on Dr. Ouellette's Anti-Inflammatory Pain Relief Diet

www.PainReliefDiet.com

Dr. Ouellette's Anti-Inflammatory Pain Relief Diet has all the same benefits that Dr. William Davis, at preventive cardiologist from Milwaukee, claims for the wheat free diet in his Wheat Belly book plus more. We note that Dr. Ouellette's Diet has exclaimed the benefits of going gluten free since 1998. Dr. Ouellette's diet offers more. The following list of benefits is from one of Dr. Davis' lectures on the wheat free diet.

- Weight loss, dramatic and substantial
- Reduced appetite
- Reduced Calorie intake
- Reduced Food obsession
- Blood sugar reduction
- Reduced Joint pain
- Reduced Inflammation (c-reactive protein)
- Reduced blood pressure
- Reduction in Triglycerides (The bad stuff.)
- Reduction in small LDL's (The bad stuff.)
- Increase in HDL's (The good stuff.)
- Increased energy
- Improved sleep
- Less acid reflux
- Less irritable bowel syndrome

In addition to the above great gluten free benefits, Dr. Ouellette's Anti-Inflammatory Pain Relief Diet is a clean burning diet that has the following additional benefits.

- Pain relief
- Less fatigue
- Reduction in ulcers
- Less itchy skin
- Less hives
- Much less plugging of the small blood vessels and soft tissues
- Reduction in leaky gut syndrome
- Less red blotchy skin after rubbing or hitting the skin
- Much less nasal congestion when a cold strikes
- A more clear thinking process where that mental foginess disappears

- Reduction in heartburn: See our acid test to tell if you actually have too little acid causing your heartburn rather than too much acid. Maybe you have been doing it wrong all these years. There is a simple inexpensive fix for this. Dr. Ouellette's Pain Relief Diet is part of the fix. [Learn more.](#)

Wheat free alone isn't enough for complete wellness. Dr. Ouellette's Pain Relief Diet is comprehensive, thorough, and complete. First, take Dr. Ouellette's Wellness Web Assessment, the Canadian Holistic Online Consultation at www.TheQ.ca. TheQ measures five basic things; nutrition, exercise, spinal health, stress, and Dr. Ouellette's Pain Relief Diet. Why is Dr. Ouellette's Pain Relief Diet such a secret? It's not really a secret. I has been around for more than 15 years in Dr. Ouellette's practice. Many people need help with it and that is what we are here for with Dr. Ouellette's online Wellness Web Assessment and Wellness Web Workshops.

The best way to contact us is to take TheQ and we will contact you.

Chronic or acute Pain, Recurring Sickness? No matter where you live. It's all done over the internet.

TheQ.ca